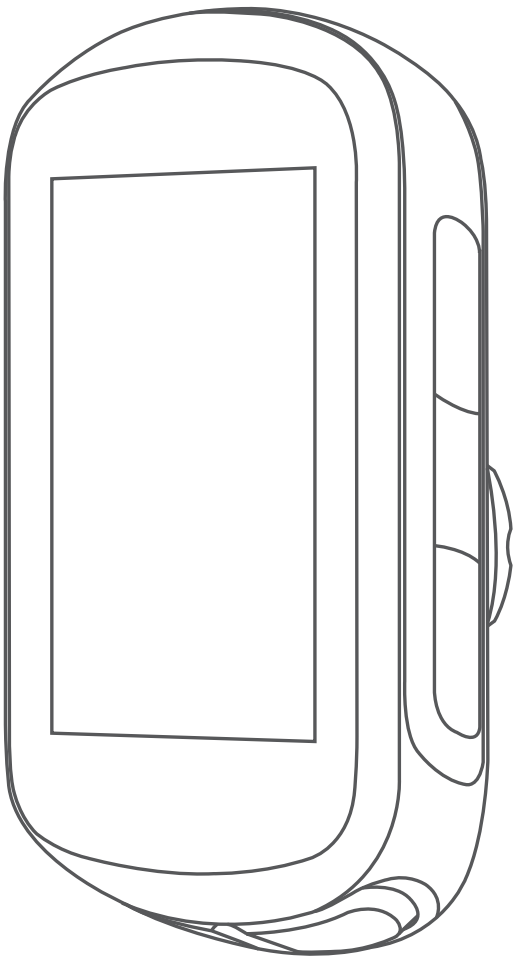
GARMIN®



EDGE® 130

Owner's Manual

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M/N: A03402

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Introduction

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Always consult your physician before you begin or modify any exercise program.

Device Overview

①	Select to wake the device. Hold to turn the device on and off.
②	Select to scroll through the data screens, options, and settings. From the home screen, hold to view the device menu.
③	Select to scroll through the data screens, options, and settings. From the home screen, select to view the widgets.
④	Select to start and stop the timer. Select to choose an option or to acknowledge a message.
⑤	Select to mark a new lap. Select to return to the previous screen.

Status Icons

A solid icon means the signal was found or the sensor is connected.

	GPS status
	Bluetooth® status
	Heart rate status
	Power status
	LiveTrack status
	Speed and cadence status

Pairing Your Smartphone

To use the connected features of the Edge device, it must be paired directly through the Garmin Connect™ app, instead of from the Bluetooth settings on your smartphone.

1. From the app store on your smartphone, install and open the Garmin Connect app.
2. Hold ▭ to turn on the device.

   The first time you turn on the device, you will select the device language. The next screen prompts you to pair with your smartphone.

   TIP: You can hold ☰, and select **Phone** > **Status** > **Pair Phone** to manually enter pairing mode.
3. Select an option to add your device to your Garmin Connect account:
   - If this is the first device you have paired with the Garmin Connect app, follow the on-screen instructions.
   - If you have already paired another device with the Garmin Connect app, from the ☰ or ••• menu, select **Garmin Devices** > **Add Device**, and follow the on-screen instructions.

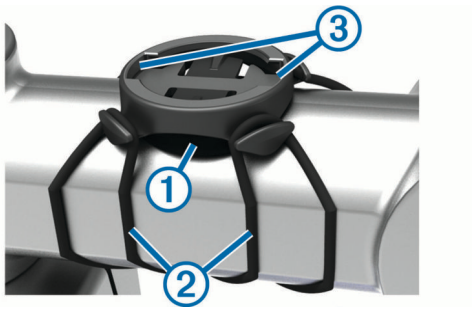
After you pair successfully, a message appears, and your device syncs automatically with your smartphone.

Installing the Standard Mount

For the best GPS reception, position the bike mount so the front of the device is oriented toward the sky. You can install the bike mount on the stem or the handlebars.

1. Select a secure location to mount the device where it does not interfere with the safe operation of your bike.
2. Place the rubber disk ① on the back of the bike mount.

   The rubber tabs align with the back of the bike mount so it stays in place.



3. Place the bike mount on the bike stem.
4. Attach the bike mount securely using the two bands ②.
5. Align the tabs on the back of the device with the bike mount notches ③.
6. Press down slightly and turn the device clockwise until it locks into place.

Releasing the Edge

1. Turn the Edge clockwise to unlock the device.
2. Lift the Edge off the mount.

Charging the Device

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

The device is powered by a built-in lithium-ion battery that you can charge using a standard wall outlet or a USB port on your computer.

NOTE: The device will not charge when outside the approved temperature range (*Edge Specifications*, page 10).

1. Pull up the weather cap ① from the USB port ②.

2 Plug the small end of the USB cable into the USB port on the device.
3 Plug the large end of the USB cable into an AC adapter or a computer USB port.
4 Plug the AC adapter into a standard wall outlet.
When you connect the device to a power source, the device turns on.
5 Charge the device completely.

After you charge the device, close the weather cap.

About the Battery

⚠ WARNING

This device contains a lithium-ion battery. See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Acquiring Satellite Signals

The device may need a clear view of the sky to acquire satellite signals. The time and date are set automatically based on the GPS position.

TIP: For more information about GPS, go to www.garmin.com/aboutGPS.

1 Go outdoors to an open area.
The front of the device should be oriented toward the sky.
2 Wait while the device locates satellites.
It may take 30–60 seconds to locate satellite signals.

Viewing Widgets

Your device comes preloaded with several widgets. You should pair your device with a smartphone to get the most of out your Edge device.

- From the home screen, select ∧ or ∨.

The device scrolls through the widget loop.

- While in an active widget, select ▶ to view additional options for that widget.

Using the Backlight

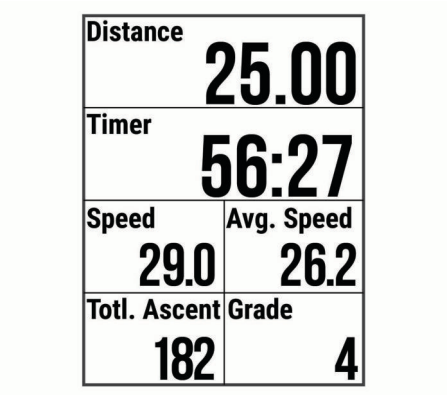
- To turn on the backlight, select any key.
- To adjust the timeout, hold ☰, select **System** > **Backlight Timeout**, and select an option.

Training

Going for a Ride

If your device was packaged with an ANT+® sensor, they are already paired and can be activated during initial setup.

1 Hold ⏻ to turn on the device.
2 Go outside, and wait while the device locates satellites.
▂▄▆▇ appears solid when the device is ready.
3 From the home screen, select ▶.
4 Select ▶ to start the activity timer.



NOTE: History is recorded only while the activity timer is running.

5 Select ▶ to stop the activity timer.
6 Select an option:
- Select **Resume** to resume your ride.
- Select **Save Ride** to stop your ride and save it.
TIP: You can select the ride type. Accurate ride type data is important for creating bike friendly courses on your Garmin Connect account.
- Select **Discard Ride** to stop your ride and delete it from your device.
- Select **Back to Start** to navigate back to your starting location.
- Select **Mark Location** to mark your location and save it.

Following a Saved Ride

1 Hold ☰.
2 Select **Navigation** > **Ride an Activity**.
3 Select a ride.
TIP: You can select ∨ to view more detailed information about your ride, such as a summary, map location, lap details, or to delete this ride.
4 Select **Ride**.
5 Select ▶ to start the activity timer.

Segments

Following a segment: You can send segments from your Garmin Connect account to your device. After a segment is saved to your device, you can follow the segment.

NOTE: When you download a course from your Garmin Connect account, all segments in the course are downloaded automatically.

Racing a segment: You can race a segment, trying to match or exceed your personal record or other cyclists who have ridden the segment.

Strava™ Segments

You can download Strava segments to your Edge 130 device. Follow Strava segments to compare your performance with your past rides, friends, and pros who have ridden the same segment.

To sign up for a Strava membership, go to the segments widget in your Garmin Connect account. For more information, go to www.strava.com.

The information in this manual applies to both Garmin Connect segments and Strava segments.

Following a Segment From Garmin Connect

Before you can download and follow a segment from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 5).

NOTE: If you are using Strava segments, your favorite segments are transferred automatically to your device when it is connected to the Garmin Connect app or your computer.

1. Select an option:
   - Open the Garmin Connect app.
   - Go to connect.garmin.com.
2. Create a new segment, or select an existing segment.
3. Select or **Send to Device**.
4. Follow the on-screen instructions.
5. On the Edge device, select to start the activity timer, and go for a ride.

   When your path crosses an enabled segment, you can race the segment.

Racing a Segment

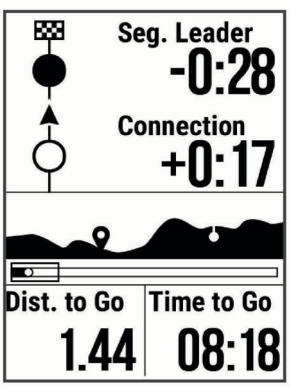
Segments are virtual race courses. You can race a segment, and compare your performance to past activities, other riders' performance, connections in your Garmin Connect account, or other members of the cycling community. You can upload your activity data to your Garmin Connect account to view your segment position.

NOTE: If your Garmin Connect account and Strava account are linked, your activity is automatically sent to your Strava account so you can review the segment position.

1. Select to start the activity timer, and go for a ride.

   When your path crosses an enabled segment, you can race the segment.
2. Start racing the segment.

   The segment data screen appears automatically.



3. If necessary, hold , and select **Main Menu** > **Navigation** > **Segments** to change your goal during your race.

   You can race against the segment leader, your past performance, or other riders (if applicable). The goal automatically adjusts based on your current performance.

A message appears when the segment is complete.

Setting a Segment to Adjust Automatically

You can set your device to automatically adjust the target race time of a segment based on your performance during the segment.

NOTE: This setting is enabled for all segments by default.

1. Hold .
2. Select **Navigation** > **Segments** > **Auto Effort**.

Viewing Segment Details

1. Hold .
2. Select **Navigation** > **Segments**.
3. Select a segment.
4. Select an option:
   - Select **Race Time** to view the ride time for the segment leader.
   - Select **Map** to view the segment on the map.
   - Select **Elevation** to view an elevation plot of the segment.

Deleting a Segment

1. Hold .
2. Select **Navigation** > **Segments**.
3. Select a segment.
4. Select **Delete** > **Yes**.

Courses

Following a previously recorded activity: You can follow a saved course simply because it is a good route. For example, you can save and follow a bike friendly commute to work.

Racing against a previously recorded activity: You can also follow a saved course, trying to match or exceed previously set performance goals. For example, if the original course was completed in 30 minutes, you can race against a Virtual Partner® trying to complete the course in under 30 minutes.

Following an existing ride from Garmin Connect: You can send a course from Garmin Connect to your device. Once it is saved to your device, you can follow the course or race against the course.

Following a Course From Garmin Connect

Before you can download a course from Garmin Connect, you must have a Garmin Connect account (*Garmin Connect*, page 5).

1. Select an option:
   - Open the Garmin Connect Mobile app.
   - Go to connect.garmin.com.
2. Create a new course, or select an existing course.
3. Select **Send to Device**.
4. Follow the on-screen instructions.
5. On the Edge device, hold .
6. Select **Navigation** > **Courses**.
7. Select the course.
8. Select **Ride**.

Tips for Training with Courses

- If you include a warmup, select to begin the course, and warm up as normal.

- Stay away from your course path as you warm up. When you are ready to begin, head toward your course. When you are on any part of the course path, a message appears.

  NOTE: As soon as you select ▶, your Virtual Partner starts the course and does not wait for you to warm up.
- Scroll to the map to view the course map.

  If you stray from the course, the device displays a message.

Viewing Course Details

1. Hold ☰.
2. Select **Navigation** > **Courses**.
3. Select a course.
4. Select an option:
   - Select **Ride** to ride the course.
   - Select **Summary** to view details about the course.
   - Select **Map** to view the course on the map.
   - Select **Elevation** to view an elevation plot of the course.

Deleting a Course

1. Hold ☰.
2. Select **Navigation** > **Courses**.
3. Select a course.
4. Select **Delete** > **Yes**.

Training Indoors

You can turn off GPS when you are training indoors or to save battery life.

1. Hold ☰.
2. Select **Ride Settings** > **GPS** > **Off**.

   When GPS is turned off, speed and distance are not available unless you have a compatible sensor or indoor trainer that sends speed and distance data to the device.

Marking Laps

You can use the Auto Lap® feature to mark a lap at a specific distance automatically, and you can mark laps manually. This feature is helpful for comparing your performance over different parts of an activity.

1. Hold ☰.
2. Select **Ride Settings** > **Laps**.
3. Select an option:
   - Select **Auto Lap** to use the Auto Lap feature.

     The device automatically marks a lap every 5 miles or 5 kilometers, depending on your system settings (*System Settings*, page 9).
   - Select **Lap Key** to use ↻ to mark a lap during an activity.

Using Auto Pause®

You can use the Auto Pause feature to pause the timer automatically when you stop moving. This feature is helpful if your activity includes stop lights or other places where you need to stop.

NOTE: The paused time is not saved with your history data.

1. Hold ☰.
2. Select **Ride Settings** > **Auto Pause**.

Using Auto Scroll

You can use the Auto Scroll feature to cycle through the training data pages automatically while the timer is running.

1. Hold ☰.
2. Select **Ride Settings** > **Auto Scroll**.
3. Select a display speed.

Changing Data Fields

You can change the data field combinations for the pages that appear while the timer is running (*Data Fields*, page 12).

1. Hold ☰.
2. Select **Ride Settings** > **Data Pages**.
3. Select ▶ > **Layout**.
4. Select ∨ or ∧ to change the layout.
5. Select ▶ to enable the layout.
6. Select ∨ or ∧ to edit the data fields.

Adding a Data Screen

You can add additional data screens to appear while the timer is running.

1. Hold ☰.
2. Select **Ride Settings** > **Data Pages**.
3. Select ∨ > **Add New**.
4. Select a screen to add.

   Some screens can be customized (*Changing Data Fields*, page 4).

Deleting a Data Screen

1. Hold ☰.
2. Select **Ride Settings** > **Data Pages**.
3. Select ∨ to open the data screen to delete.
4. Select ▶ > **Remove** > **Yes**.

My Stats

The Edge 130 device can track your personal statistics and calculate performance measurements. Performance measurements require a compatible heart rate monitor or power meter.

Setting Up Your User Profile

You can update your gender, age, weight, height, and maximum heart rate settings. The device uses this information to calculate accurate ride data.

1. Hold ☰.
2. Select **My Stats** > **User Profile**.
3. Select an option.

Personal Records

When you complete a ride, the device displays any new personal records you achieved during that ride. Personal records include your fastest time over a standard distance, longest ride, and most ascent gained during a ride. When paired with a compatible power meter, the device displays the maximum power reading recorded during a 20-minute period.

Viewing Your Personal Records

1. Hold ☰.
2. Select **My Stats** > **Personal Records**.

Reverting a Personal Record

You can set each personal record back to the one previously recorded.

1. Hold ☰.
2. Select **My Stats** > **Personal Records**.
3. Select a record to revert.
4. Select **Options** > **Use Previous** > **Yes**.

   NOTE: This does not delete any saved activities.

Deleting a Personal Record

1. Hold ☰.
2. Select **My Stats** > **Personal Records**.
3. Select a personal record.
4. Select **Options** > **Clear Record** > **Yes**.

Navigation

Navigation features and settings also apply to navigating courses (*Courses*, page 3) and segments (*Segments*, page 2).

- Locations (*Locations*, page 5)
- Map settings (*Viewing User Locations on the Map*, page 5)

Locations

You can record and store locations in the device.

Marking Your Location

Before you can mark a location, you must locate satellites.

A location is a point that you record and store in the device. If you want to remember landmarks or return to a certain spot, you can mark a location.

1. Go for a ride (*Going for a Ride*, page 2).
2. Hold ☰.
3. Select **Mark Location**.

   A message appears. The default icon for each location is a flag (*Customizing the Map Icons*, page 5).

Navigating to a Saved Location

Before you can navigate to a saved location, you must locate satellites.

1. Hold ☰.
2. Select **Navigation** > **Saved Locations**.
3. Select a location.
4. Select **Go To**.
5. Select ▶ to start your ride.

Navigating Back to Start

At any point during your ride, you can return to the starting point.

1. Go for a ride (*Going for a Ride*, page 2).
2. Select ▶ to pause the ride.
3. Select **Back to Start**.
4. Select **Along Same Route** or **Straight Line**.
5. Select ▶ to resume your ride.

   The device navigates you back to the starting point of your ride.

Viewing Saved Locations

You can view details about saved locations, such as the elevation and map coordinates.

1. Hold ☰.
2. Select **Navigation** > **Saved Locations**.
3. Select a saved location.
4. Select **Details**.

Viewing User Locations on the Map

1. Hold ☰.
2. Select **Map** > **User Locations**.
3. Select **Show**.

Customizing the Map Icons

You can customize map icons to identify different types of saved locations. For example, your home location, or locations where you can eat or drink.

1. Hold ☰.
2. Select **Navigation** > **Saved Locations**.
3. Select a saved location.
4. Select **Change Icon**.
5. Select an option.

Repositioning Your Location

1. Hold ☰.
2. Select **Navigation** > **Saved Locations**.
3. Select a saved location.
4. Select **Reposition Here** > **Yes**.

   The location changes to your current position.

Deleting a Saved Location

1. Hold ☰.
2. Select **Navigation** > **Saved Locations**.
3. Select a location.
4. Select **Delete** > **Yes**.

Bluetooth Connected Features

The Edge device has several Bluetooth connected features for your compatible smartphone using the Garmin Connect and Connect IQ™ apps. Go to www.garmin.com/apps for more information.

Activity uploads to Garmin Connect: Automatically sends your activity to Garmin Connect as soon as you finish recording the activity.

Assistance: Allows you to send an automated text message with your name and GPS location to your emergency contacts using the Garmin Connect app.

Connect IQ downloadable features: Allows you to download Connect IQ features from the Connect IQ app.

Course and segment downloads from Garmin Connect: Allows you to search for courses and segments on Garmin Connect using your smartphone and send them to your device.

LiveTrack: Allows friends and family to follow your races and training activities in real time. You can invite followers using email or social media, allowing them to view your live data on a Garmin Connect tracking page.

Notifications: Displays phone notifications and messages on your device.

Social media interactions: Allows you to post an update to your favorite social media website when you upload an activity to Garmin Connect.

Weather updates: Sends real-time weather conditions and alerts to your device.

Garmin Connect

You can connect with your friends on Garmin Connect. Garmin Connect gives you the tools to track, analyze, share, and encourage each other. Record the events of your active lifestyle including runs, walks, rides, swims, hikes, triathlons, and more.

You can create your free Garmin Connect account when you pair your device with your phone using the Garmin Connect app, or you can go to connect.garmin.com.

Store your activities: After you complete and save an activity with your device, you can upload that activity to Garmin Connect and keep it as long as you want.

Analyze your data: You can view more detailed information about your activity, including time, distance, elevation, heart rate, calories burned, cadence, an overhead map view, pace and speed charts, and customizable reports.

NOTE: Some data requires an optional accessory such as a heart rate monitor.

Share your activities: You can connect with friends to follow each other's activities or post links to your activities on your favorite social networking sites.

Sending Your Ride to Garmin Connect

- Sync your Edge device with the Garmin Connect app on your smartphone.
- Use the USB cable that came with your Edge device to send ride data to your Garmin Connect account on your computer.

Assistance

⚠ CAUTION

Assistance is a supplemental feature and should not be relied on as a primary method to obtain emergency assistance. The Garmin Connect app does not contact emergency services on your behalf.

When your Edge device with GPS enabled is connected to the Garmin Connect app, you can send an automated text message with your name and GPS location to your emergency contacts.

Before you can enable the assistance feature on your device, you must set up emergency contact information in the Garmin Connect app. Your Bluetooth paired smartphone must be equipped with a data plan and be in an area of network coverage where data is available. Your emergency contacts must be able to receive text messages (standard text messaging rates may apply).

A message appears on your device indicating your contacts will be informed after a countdown has elapsed. If assistance is not needed, you can cancel the message.

Setting Up the Assistance Feature

1. From the app store on your smartphone, install and open the Garmin Connect Mobile app.
2. Pair your smartphone with your device (*Pairing Your Smartphone*, page 1).
3. From the app settings in the Garmin Connect Mobile app, select **Emergency Contacts**, and enter your rider information and your emergency contacts.

   Your selected contacts receive a message identifying them as emergency contacts for assistance.
4. Enable GPS on your Edge device (*Changing the Satellite Setting*, page 10).

Requesting Assistance

Before you can request assistance, you must enable GPS on your Edge device and open the Garmin Connect Mobile app.

1. Hold for five seconds to activate the assistance feature.

   The device beeps, and sends the message after the countdown is complete.

   TIP: You can select before the countdown is complete to cancel the message.
2. If necessary, select to send the message immediately.

Cancelling an Assistance Message

You can cancel the assistance message on your Edge device or your paired smartphone before it is sent to your emergency contacts.

Select **Cancel** > **Yes** before the end of the thirty-second countdown.

Connect IQ Downloadable Features

You can add Connect IQ features to your device from Garmin® and other providers using the Connect IQ app.

Data Fields: Allow you to download new data fields that present sensor, activity, and history data in new ways. You can add Connect IQ data fields to built-in features and pages.

Wireless Sensors

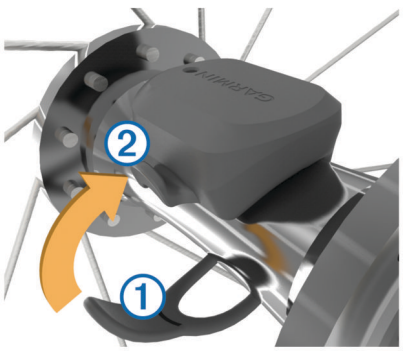
Your device can be used with wireless ANT+ or Bluetooth sensors. For more information about compatibility and purchasing optional sensors, go to buy.garmin.com.

Installing the Speed Sensor

NOTE: If you do not have this sensor, you can skip this task.

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

1. Place and hold the speed sensor on top of the wheel hub.
2. Pull the strap ① around the wheel hub, and attach it to the hook ② on the sensor.



   The sensor may be tilted when installed on an asymmetrical hub. This does not affect operation.
3. Rotate the wheel to check for clearance.

   The sensor should not contact other parts of your bike.

   NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.

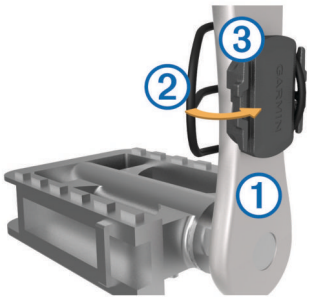
Installing the Cadence Sensor

NOTE: If you do not have this sensor, you can skip this task.

TIP: Garmin recommends you secure your bike on a stand while installing the sensor.

1. Select the band size that fits your crank arm ① securely.

   The band you select should be the smallest one that stretches across the crank arm.
2. On the non-drive side, place and hold the flat side of the cadence sensor on the inside of the crank arm.
3. Pull the bands ② around the crank arm, and attach them to the hooks ③ on the sensor.



4 Rotate the crank arm to check for clearance.

The sensor and bands should not contact any part of your bike or shoe.

NOTE: The LED flashes green for five seconds to indicate activity after two revolutions.

5 Take a 15 minute test ride and inspect the sensor and bands to ensure there is no evidence of damage.

About the Speed and Cadence Sensors

Cadence data from the cadence sensor is always recorded. If no speed and cadence sensors are paired with the device, GPS data is used to calculate the speed and distance.

Cadence is your rate of pedaling or “spinning” measured by the number of revolutions of the crank arm per minute (rpm).

Putting On the Heart Rate Monitor

NOTE: If you do not have a heart rate monitor, you can skip this task.

You should wear the heart rate monitor directly on your skin, just below your sternum. It should be snug enough to stay in place during your activity.

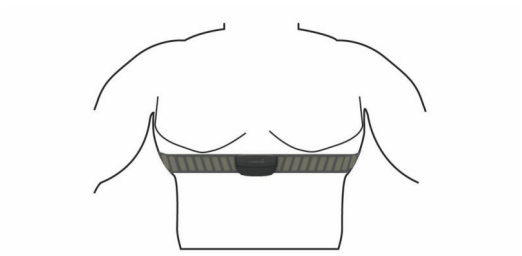
1 Snap the heart rate monitor module ① onto the strap.

The Garmin logos on the module and the strap should be right-side up.

2 Wet the electrodes ② and the contact patches ③ on the back of the strap to create a strong connection between your chest and the transmitter.

3 Wrap the strap around your chest, and connect the strap hook ④ to the loop ⑤.

NOTE: The care tag should not fold over.



The Garmin logos should be right-side up.

4 Bring the device within 3 m (10 ft.) of the heart rate monitor.

After you put on the heart rate monitor, it is active and sending data.

TIP: If the heart rate data is erratic or does not appear, see the troubleshooting tips (*Tips for Erratic Heart Rate Data*, page 7).

Tips for Erratic Heart Rate Data

If the heart rate data is erratic or does not appear, you can try these tips.

- Reapply water to the electrodes and contact patches (if applicable).
- Tighten the strap on your chest.
- Warm up for 5 to 10 minutes.
- Follow the care instructions (*Caring for the Heart Rate Monitor*, page 11).
- Wear a cotton shirt or thoroughly wet both sides of the strap.

  Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.
- Move away from sources that can interfere with your heart rate monitor.

  Sources of interference may include strong electromagnetic fields, some 2.4 GHz wireless sensors, high-voltage power lines, electric motors, ovens, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points.

Fitness Goals

Knowing your heart rate zones can help you measure and improve your fitness by understanding and applying these principles.

- Your heart rate is a good measure of exercise intensity.
- Training in certain heart rate zones can help you improve cardiovascular capacity and strength.

If you know your maximum heart rate, you can use the table (*Heart Rate Zone Calculations*, page 13) to determine the best heart rate zone for your fitness objectives.

If you do not know your maximum heart rate, use one of the calculators available on the Internet. Some gyms and health centers can provide a test that measures maximum heart rate. The default maximum heart rate is 220 minus your age.

Recovery Time

You can use your Garmin device with wrist-based heart rate or a compatible chest heart rate monitor to display how much time remains before you are fully recovered and ready for the next hard workout.

NOTE: The recovery time recommendation uses your VO2 max. estimate and may seem inaccurate at first. The device requires you to complete a few activities to learn about your performance.

The recovery time appears immediately following an activity. The time counts down until it is optimal for you to attempt another hard workout.

Viewing Your Recovery Time

Before you can use the recovery time feature, you must put on the heart rate monitor, and pair it with your device (*Pairing Your Wireless Sensors*, page 8). If your device was packaged with a heart rate monitor, the device and sensor are already paired. For the most accurate estimate, complete the user profile setup, and set your maximum heart rate (*Setting Up Your User Profile*, page 4).

1 Hold ☰.

2 Select **My Stats** > **Recovery Advisor**.

3 Go for a ride.

4 After your ride, select **Save Ride**.

The recovery time appears. The maximum time is 4 days, and the minimum time is 6 hours.

About VO2 Max. Estimates

VO2 max. is the maximum volume of oxygen (in milliliters) you can consume per minute per kilogram of body weight at your maximum performance. In simple terms, VO2 max. is an indication of athletic performance and should increase as your level of fitness improves. VO2 max. estimates are provided and supported by Firstbeat. You can use your Garmin device paired with a compatible heart rate monitor and power meter to display your cycling VO2 max. estimate.

Getting Your VO2 Max. Estimate

Before you can view your VO2 max. estimate, you must put on the heart rate monitor, install the power meter, and pair them with your device (*Pairing Your Wireless Sensors*, page 8). If your device was packaged with a heart rate monitor, the device and sensor are already paired. For the most accurate estimate, complete the user profile setup, and set your maximum heart rate (*Setting Up Your User Profile*, page 4).

NOTE: The estimate may seem inaccurate at first. The device requires a few rides to learn about your cycling performance.

1. Ride at a steady, high intensity for at least 20 minutes outdoors.
2. After your ride, select **Save Ride**.
3. Hold ☰.
4. Select **My Stats** > **VO2 Max**.

   Your VO2 max. estimate appears as a number and position on the gauge.

VO2 max. data and analysis is provided with permission from The Cooper Institute®. For more information, see the appendix (*VO2 Max. Standard Ratings*, page 13), and go to www.CooperInstitute.org.

Tips for Cycling VO2 Max. Estimates

The success and accuracy of the VO2 max. calculation improves when your ride is a sustained and moderately hard effort, and where heart rate and power are not highly variable.

- Before your ride, check that your device, heart rate monitor, and power meter are functioning properly, paired, and have good battery life.
- During your 20 minute ride, maintain your heart rate at greater than 70% of your maximum heart rate.
- During your 20 minute ride, maintain a fairly constant power output.
- Avoid rolling terrain.
- Avoid riding in groups where there is a lot of drafting.

Pairing Your Wireless Sensors

Before you can pair, you must put on the heart rate monitor or install the sensor.

Pairing is the connecting of ANT+ or Bluetooth wireless sensors. For example, connecting a heart rate monitor with your Garmin device.

1. Bring the device within 3 m (10 ft.) of the sensor.

   NOTE: Stay 10 m (33 ft.) away from other riders' sensors while pairing.
2. Hold ☰.
3. Select **Sensors** > **Add Sensor**.

   A list of available sensors appears.
4. Select one or more sensors to pair with your device.

When the sensor is paired with your device, the sensor status is Connected. You can customize a data field to display sensor data.

Training with Power Meters

- Go to www.garmin.com/intosports for a list of ANT+ sensors that are compatible with your device (such as Vector™).
- For more information, see the owner's manual for your power meter.

Calibrating Your Power Meter

Before you can calibrate your power meter, you must install it, pair it with your device, and begin actively recording data with it.

For calibration instructions specific to your power meter, see the manufacturer's instructions.

1. Hold ☰.
2. Select **Sensors**.
3. Select your power meter.
4. Select **Options** > **Calibrate**.
5. Keep your power meter active by pedaling until the message appears.
6. Follow the on-screen instructions.

Pedal-Based Power

Vector measures pedal-based power.

Vector measures the force you apply a few hundred times every second. Vector also measures your cadence or rotational pedaling speed. By measuring the force, the direction of force, the rotation of the crank arm, and time, Vector can determine power (watts).

Situational Awareness

Your Edge device can be used with Varia™ smart bike lights and rearview radar to improve situational awareness. See the owner's manual for your Varia device for more information.

NOTE: You may need to update the Edge software before pairing Varia devices (*Updating the Software Using Garmin Express*, page 12).

History

History includes time, distance, calories, speed, lap data, elevation, and optional ANT+ sensor information.

NOTE: History is not recorded while the timer is stopped or paused.

When the device memory is full, a message appears. The device does not automatically delete or overwrite your history. Upload your history to Garmin Connect periodically to keep track of all your ride data.

Viewing Ride Details

1. Hold ☰.
2. Select **History** > **Rides**.
3. Select a ride.

4 Select an option.

Deleting a Ride

1 Hold ☰.
2 Select **History** > **Rides**.
3 Select a ride to delete.
4 Select **Delete** > **Yes**.

Data Management

NOTE: The device is not compatible with Windows® 95, 98, Me, Windows NT®, and Mac® OS 10.3 and earlier.

Connecting the Device to Your Computer

NOTICE

To prevent corrosion, thoroughly dry the USB port, the weather cap, and the surrounding area before charging or connecting to a computer.

1 Pull up the weather cap from the USB port.
2 Plug the small end of the USB cable into the USB port.
3 Plug the large end of the USB cable into a computer USB port.

Your device appears as a removable drive in My Computer on Windows computers and as a mounted volume on Mac computers.

Transferring Files to Your Device

1 Connect the device to your computer.

On Windows computers, the device appears as a removable drive or a portable device. On Mac computers, the device appears as a mounted volume.

NOTE: Some computers with multiple network drives may not display device drives properly. See your operating system documentation to learn how to map the drive.

2 On your computer, open the file browser.
3 Select a file.
4 Select **Edit** > **Copy**.
5 Open the portable device, drive, or volume for the device.
6 Browse to a folder.
7 Select **Edit** > **Paste**.

The file appears in the list of files in the device memory.

Deleting Files

NOTICE

If you do not know the purpose of a file, do not delete it. Your device memory contains important system files that should not be deleted.

1 Open the **Garmin** drive or volume.
2 If necessary, open a folder or volume.
3 Select a file.
4 Press the **Delete** key on your keyboard.

NOTE: If you are using an Apple® computer, you must empty the Trash folder to completely remove the files.

Disconnecting the USB Cable

If your device is connected to your computer as a removable drive or volume, you must safely disconnect your device from your computer to avoid data loss. If your device is connected to your Windows computer as a portable device, it is not necessary to safely disconnect the device.

1 Complete an action:
- For Windows computers, select the **Safely Remove Hardware** icon in the system tray, and select your device.
- For Apple computers, select the device, and select **File** > **Eject**.

2 Disconnect the cable from your computer.

Viewing Data Totals

You can view the accumulated data you have saved to the device, including the number of rides, time, distance, and calories.

1 Hold ☰.
2 Select **History** > **Totals**.

Customizing Your Device

System Settings

Hold ☰, and select System.

Language: Sets the language displayed on the device (*Changing the Device Language*, page 9).

Backlight Timeout: Sets the length of time before the backlight turns off.

Sounds: Turns audible tones on or off for keys and alert messages (*Turning the Device Tones On and Off*, page 9).

Units: Sets the units of measure used on the device.

Time: Sets the time settings.

Position Format: Allows you to set the format for viewing geographical coordinate position details.

Auto Power Off: Allows you to set the device to automatically power down after 10 minutes of inactivity.

Reset: Allows you to reset the system settings or delete all user data (*Restoring All Default Settings*, page 11).

About: Displays the software version and unit ID, and allows you to check for software updates (*Viewing E-label Regulatory and Compliance Information*, page 10).

Changing the Device Language

1 Hold ☰.
2 Select **System** > **Language**.

Changing the Units of Measure

You can customize units of measure for distance and speed.

1 Hold ☰.
2 Select **System** > **Units**.

Turning the Device Tones On and Off

1 Hold ☰.
2 Select **System** > **Sounds**.

Using the Auto Power Off Feature

This feature automatically turns off the device after 10 minutes of inactivity.

1 Hold ☰.
2 Select **System** > **Auto Power Off**.

Ride Settings

Hold ☰, and select Ride Settings.

Data Pages: Enables you to customize data screens and add new data screens for your ride (*Changing Data Fields*, page 4).

Alerts: Sets the training alerts for your ride (*Alerts*, page 10).

Laps: Sets the options for the Auto Lap feature (*Marking Laps*, page 4).

Auto Pause: Sets the device to stop recording data when you stop moving (*Using Auto Pause®*, page 4).

Auto Scroll: Enables you to move through all of the data screens automatically while the timer is running (*Using Auto Scroll*, page 4).

Segment Alerts: Enables prompts that alert you to approaching segments (*Segments*, page 2).

Nav. Prompts: Enables or disables turn-by-turn navigation prompts and off course warnings.

GPS: Allows you to turn off GPS (*Training Indoors*, page 4), or change the satellite setting (*Changing the Satellite Setting*, page 10).

Changing the Satellite Setting

For increased performance in challenging environments and faster GPS position location, you can enable GPS + GLONASS or GPS + GALILEO. Using GPS and another satellite together reduces battery life more quickly than using only GPS.

1. Hold ☰.
2. Select **Ride Settings** > **GPS**.
3. Select an option.

Alerts

You can use alerts to train toward specific time, distance, calories, and heart rate goals.

Setting a Recurring Alert

A recurring alert notifies you each time the device records a specified value or interval. For example, you can set the device to alert you every 30 minutes.

1. Hold ☰.
2. Select **Ride Settings** > **Alerts**.
3. Select an alert type.
4. Turn on the alert.
5. Enter a value.
6. Select ▶|.

Each time you reach the alert value, a message appears. The device also beeps if audible tones are turned on (*Turning the Device Tones On and Off*, page 9).

Phone Settings

Hold ☰, and select Phone.

Get Assistance: Allows you to send an automated text message with your name and GPS location to your Garmin Connect emergency contacts (*Requesting Assistance*, page 6).

Status: Enables Bluetooth wireless technology.

NOTE: Other Bluetooth settings appear only when Bluetooth wireless technology is enabled.

Notifications: Allows you to enable phone notifications from your compatible smartphone.

Pair Phone: Connects your device with a compatible Bluetooth enabled smartphone. This setting allows you to use Bluetooth connected features, including LiveTrack and activity uploads to Garmin Connect.

Setting Up Extended Display Mode

You can use your Edge 130 device as an extended display to view data screens from a compatible Garmin multisport watch. For example, you can pair a compatible Forerunner® device to display its data screens on your Edge device during a triathlon.

1. From your Edge device, hold ☰.
2. Select **Extended Display** > **Connect New Watch**.
3. From your compatible Garmin watch, select **Settings** > **Sensors & Accessories** > **Add New** > **Extended Display**.
4. Follow the on-screen instructions on your Edge device and Garmin watch to complete the pairing process.

The data screens from your paired watch appear on the Edge device when the devices are paired.

NOTE: Normal Edge device functions are disabled while using Extended Display mode.

After pairing your compatible Garmin watch with your Edge device, they connect automatically the next time you use Extended Display mode.

Exiting Extended Display Mode

1. While the device is in Extended Display mode, hold ☰.
2. Select **Exit Extended Display** > **Yes**.

Device Information

Specifications

Edge Specifications

Battery type	Rechargeable, built-in lithium-ion battery
Battery life	Up to 15 hr.
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Charging temperature range	From 0º to 45ºC (from 32º to 113ºF)
Wireless frequencies	ANT+ 2.4 GHz @ 1 dBm nominal Bluetooth 2.4 GHz @ 1 dBm nominal
Water rating	IEC 60529 IPX7[1]

Heart Rate Monitor Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Up to 4.5 yr. at 1 hr./day
Water resistance	3 ATM[2] **NOTE:** This product does not transmit heart rate data while swimming.
Operating temperature range	From -5° to 50°C (from 23° to 122°F)
Wireless frequency/ protocol	2.4 GHz ANT+ wireless communications protocol

Speed Sensor and Cadence Sensor Specifications

Battery type	User-replaceable CR2032, 3 V
Battery life	Approximately 12 months (1 hour per day)
Operating temperature range	From -20º to 60ºC (from -4º to 140ºF)
Wireless frequency/ protocol	2.4 GHz ANT+ wireless communications protocol
Water rating	1 ATM[3]

Viewing E-label Regulatory and Compliance Information

The label for this device is provided electronically. The e-label may provide regulatory information, such as identification numbers provided by the FCC or regional compliance markings, as well as applicable product and licensing information.

1. Hold ☰.
2. Select **System** > **About**.
3. Select ⌄.

[1] The device withstands incidental exposure to water of up to 1 m for up to 30 min. For more information, go to www.garmin.com/waterrating.
[2] The device withstands pressure equivalent to a depth of 30 m. For more information, go to www.garmin.com/waterrating.
[3] The device withstands pressure equivalent to a depth of 10 m. For more information, go to www.garmin.com/waterrating.

Device Care

NOTICE

Do not store the device where prolonged exposure to extreme temperatures can occur, because it can cause permanent damage.

Avoid chemical cleaners, solvents, and insect repellents that can damage plastic components and finishes.

Secure the weather cap tightly to prevent damage to the USB port.

Avoid extreme shock and harsh treatment, because it can degrade the life of the product.

Cleaning the Device

1. Wipe the device using a cloth dampened with a mild detergent solution.
2. Wipe it dry.

After cleaning, allow the device to dry completely.

Caring for the Heart Rate Monitor

NOTICE

A buildup of sweat and salt on the strap can decrease the ability of the heart rate monitor to report accurate data.

- Rinse the heart rate monitor after every use.
- Hand wash the heart rate monitor after every seven uses, using a tiny amount of mild detergent, such as dishwashing liquid.

  NOTE: Using too much detergent may damage the heart rate monitor.
- Do not put the heart rate monitor in a washing machine or dryer.
- When drying the heart rate monitor, hang it up or lay it flat.

User Replaceable Batteries

⚠ WARNING

See the *Important Safety and Product Information* guide in the product box for product warnings and other important information.

Replacing the Heart Rate Monitor Battery

1. Use a small Phillips screwdriver to remove the four screws on the back of the module.
2. Remove the cover and battery.

3. Wait 30 seconds.
4. Insert the new battery with the positive side facing up.

   NOTE: Do not damage or lose the O-ring gasket.
5. Replace the back cover and the four screws.

   NOTE: Do not overtighten.

After you replace the heart rate monitor battery, you may need to pair it with the device again.

Replacing the Speed Sensor or Cadence Sensor Battery

The LED flashes red to indicate a low battery level after two revolutions.

1. Locate the circular battery cover ① on the back of the sensor.

2. Twist the cover counter-clockwise until the marker points to unlocked and the cover is loose enough to remove.
3. Remove the cover and the battery ②.

   TIP: You can use a piece of tape ③ or a magnet to remove the battery from the cover.

4. Wait 30 seconds.
5. Insert the new battery into the cover, observing polarity.

   NOTE: Do not damage or lose the O-ring gasket.
6. Twist the cover clockwise until the marker points to locked.

   NOTE: The LED flashes red and green for a few seconds after battery replacement. When the LED flashes green and then stops flashing, the device is active and ready to send data.

Troubleshooting

Restarting the Device

If the device stops responding, you may need to restart it.

NOTE: Restarting the device may erase your data or settings.

1. Hold ▭ for 15 seconds.

   The device turns off.
2. Hold ▭ for one second to turn on the device.

Restoring All Default Settings

You can restore all of the device settings to the factory default values.

1. Hold ☰ to open the main menu.
2. Select **System** > **Reset**.
3. Select an option:
   - To reset only your device and ride settings, select **Reset Settings**.

     NOTE: This does not delete your activity history, such as rides, workouts, and courses.
   - To reset your device and ride settings, and delete all user history and data, select **Delete All**.

     NOTE: This deletes all user-entered information and activity history.

Maximizing Battery Life

- Shorten the backlight timeout (*System Settings*, page 9).
- Turn off Bluetooth wireless technology (*Phone Settings*, page 10).

- Select the **GPS** setting (*Changing the Satellite Setting*, page 10).
- Remove wireless sensors that you no longer use.

Improving GPS Satellite Reception

- Frequently sync the device to your Garmin Connect account:
  - Connect your device to a computer using the USB cable and the Garmin Express™ application.
  - Sync your device to the Garmin Connect app using your Bluetooth enabled smartphone.

  While connected to your Garmin Connect account, the device downloads several days of satellite data, allowing it to quickly locate satellite signals.
- Take your device outside to an open area away from tall buildings and trees.
- Remain stationary for a few minutes.

My Device is in the Wrong Language

1. Hold ☰.
2. Scroll down to the last item in the list, and select it.
3. Select the first item in the list.
4. Use ∧ and ∨ to select your language.

Replacement O-rings

Replacement bands (O-rings) are available for the mounts.

NOTE: Use Ethylene Propylene Diene Monomer (EPDM) replacement bands only. Go to http://buy.garmin.com, or contact your Garmin dealer.

Updating the Software Using the Garmin Connect App

Before you can update your device software using the Garmin Connect app, you must have a Garmin Connect account, and you must pair the device with a compatible smartphone (*Pairing Your Smartphone*, page 1).

Sync your device with the Garmin Connect app.

When new software is available, the Garmin Connect app automatically sends the update to your device.

Updating the Software Using Garmin Express

Before you can update your device software, you must have a Garmin Connect account, and you must download the Garmin Express application.

1. Connect the device to your computer using the USB cable.

   When new software is available, Garmin Express sends it to your device.
2. Follow the on-screen instructions.
3. Do not disconnect your device from the computer during the update process.

Product Updates

On your computer, install Garmin Express (www.garmin.com/express). On your smartphone, install the Garmin Connect app.

This provides easy access to these services for Garmin devices:

- Software updates
- Data uploads to Garmin Connect
- Product registration

Getting More Information

- Go to support.garmin.com for additional manuals, articles, and software updates.
- Go to buy.garmin.com, or contact your Garmin dealer for information about optional accessories and replacement parts.

Appendix

Data Fields

Some data fields require optional accessories to display data.

Average HR: The average heart rate for the current activity.

Avg. Cadence: Cycling. The average cadence for the current activity.

Avg. Lap Time: The average lap time for the current activity.

Avg. Speed: The average speed for the current activity.

Battery: The remaining battery power.

Battery Status: The remaining battery power of a bike light accessory.

Beam Ang. Status: The headlight beam mode.

Cadence: Cycling. The number of revolutions of the crank arm. Your device must be connected to a cadence accessory for this data to appear.

Calories: The amount of total calories burned.

Distance: The distance traveled for the current track or activity.

Distance to Dest.: The remaining distance to the final destination. You must be navigating for this data to appear.

Distance to Next: The remaining distance to the next waypoint on the route. You must be navigating for this data to appear.

Elapsed Time: The total time recorded. For example, if you start the timer and run for 10 minutes, then stop the timer for 5 minutes, then start the timer and run for 20 minutes, your elapsed time is 35 minutes.

Elevation: The altitude of your current location above or below sea level.

ETA at Dest.: The estimated time of day when you will reach the final destination (adjusted to the local time of the destination). You must be navigating for this data to appear.

ETA at Next: The estimated time of day when you will reach the next waypoint on the route (adjusted to the local time of the waypoint). You must be navigating for this data to appear.

Grade: The calculation of rise (elevation) over run (distance). For example, if for every 3 m (10 ft.) you climb you travel 60 m (200 ft.), the grade is 5%.

Heading: The direction you are moving.

Heart Rate: Your heart rate in beats per minute (bpm). Your device must be connected to a compatible heart rate monitor.

HR %Max.: The percentage of maximum heart rate.

HR Zone: The current range of your heart rate (1 to 5). The default zones are based on your user profile and maximum heart rate (220 minus your age).

Lap Cadence: Cycling. The average cadence for the current lap.

Lap Distance: The distance traveled for the current lap.

Lap HR: The average heart rate for the current lap.

Laps: The number of laps completed for the current activity.

Lap Speed: The average speed for the current lap.

Lap Time: The stopwatch time for the current lap.

Location at Dest.: The last point on the route or course.

Location at Next: The next point on the route or course.

Maximum Speed: The top speed for the current activity.

Odometer: A running tally of distance traveled for all trips. This total does not clear when resetting the trip data.

Power - 3s Avg.: The 3-second moving average of power output.

Power - Avg.: The average power output for the current activity.

Power - kJ: The accumulated work performed (power output) in kilojoules.

Power - Lap: The average power output for the current lap.

Power - Max.: The top power output for the current activity.

Power Zone: The current range of power output (1 to 7) based on your custom settings.

Speed: The current rate of travel.

Sunrise: The time of sunrise based on your GPS position.

Sunset: The time of sunset based on your GPS position.

Time: The stopwatch time for the current activity.

Time of Day: The time of day based on your current location and time settings (format, time zone, daylight saving time).

Time to Dest.: The estimated time remaining before you reach the destination. You must be navigating for this data to appear.

Time to Next: The estimated time remaining before you reach the next waypoint in the route. You must be navigating for this data to appear.

Total Ascent: The total elevation distance ascended since the last reset.

Total Descent: The total elevation distance descended since the last reset.

VO2 Max. Standard Ratings

These tables include standardized classifications for VO2 max. estimates by age and gender.

Males	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	55.4	54	52.5	48.9	45.7	42.1
Excellent	80	51.1	48.3	46.4	43.4	39.5	36.7
Good	60	45.4	44	42.4	39.2	35.5	32.3
Fair	40	41.7	40.5	38.5	35.6	32.3	29.4
Poor	0–40	<41.7	<40.5	<38.5	<35.6	<32.3	<29.4

Females	Percentile	20–29	30–39	40–49	50–59	60–69	70–79
Superior	95	49.6	47.4	45.3	41.1	37.8	36.7
Excellent	80	43.9	42.4	39.7	36.7	33	30.9
Good	60	39.5	37.8	36.3	33	30	28.1
Fair	40	36.1	34.4	33	30.1	27.5	25.9
Poor	0–40	<36.1	<34.4	<33	<30.1	<27.5	<25.9

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Heart Rate Zone Calculations

Zone	% of Maximum Heart Rate	Perceived Exertion	Benefits
1	50–60%	Relaxed, easy pace, rhythmic breathing	Beginning-level aerobic training, reduces stress
2	60–70%	Comfortable pace, slightly deeper breathing, conversation possible	Basic cardiovascular training, good recovery pace
3	70–80%	Moderate pace, more difficult to hold conversation	Improved aerobic capacity, optimal cardiovascular training
4	80–90%	Fast pace and a bit uncomfortable, breathing forceful	Improved anaerobic capacity and threshold, improved speed
5	90–100%	Sprinting pace, unsustainable for long period of time, labored breathing	Anaerobic and muscular endurance, increased power

Wheel Size and Circumference

Your speed sensor automatically detects your wheel size. If necessary, you can manually enter your wheel circumference in the speed sensor settings.

The tire size is marked on both sides of the tire. This is not a comprehensive list. You can also measure the circumference of your wheel or use one of the calculators available on the internet.

Tire Size	Wheel Circumference (mm)
20 × 1.75	1515
20 × 1-3/8	1615
22 × 1-3/8	1770
22 × 1-1/2	1785
24 × 1	1753
24 × 3/4 Tubular	1785
24 × 1-1/8	1795
24 × 1.75	1890
24 × 1-1/4	1905
24 × 2.00	1925
24 × 2.125	1965
26 × 7/8	1920
26 × 1-1.0	1913
26 × 1	1952
26 × 1.25	1953
26 × 1-1/8	1970
26 × 1.40	2005
26 × 1.50	2010
26 × 1.75	2023
26 × 1.95	2050
26 × 2.00	2055
26 × 1-3/8	2068
26 × 2.10	2068
26 × 2.125	2070
26 × 2.35	2083
26 × 1-1/2	2100
26 × 3.00	2170
27 × 1	2145

Tire Size	Wheel Circumference (mm)
27 × 1-1/8	2155
27 × 1-1/4	2161
27 × 1-3/8	2169
29 x 2.1	2288
29 x 2.2	2298
29 x 2.3	2326
650 x 20C	1938
650 x 23C	1944
650 × 35A	2090
650 × 38B	2105
650 × 38A	2125
700 × 18C	2070
700 × 19C	2080
700 × 20C	2086
700 × 23C	2096
700 × 25C	2105
700C Tubular	2130
700 × 28C	2136
700 × 30C	2146
700 × 32C	2155
700 × 35C	2168
700 × 38C	2180
700 × 40C	2200
700 × 44C	2235
700 × 45C	2242
700 × 47C	2268

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